

# LEVERS et COUCHERS SOLEIL - LUNE PAMIERIS 2026

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| JANVIER                  |        |       |       |       |  |
|--------------------------|--------|-------|-------|-------|--|
| Dates                    | Soleil |       | Lune  |       |  |
|                          | L      | C     | L     | C     |  |
| J 1                      | 08:23  | 17:30 | 15:07 | 06:34 |  |
| V 2                      | 08:23  | 17:31 | 16:10 | 07:48 |  |
| S 3                      | 08:23  | 17:32 | 17:26 | 08:48 |  |
| D 4                      | 08:23  | 17:33 | 18:47 | 09:35 |  |
| L 5                      | 08:23  | 17:34 | 20:06 | 10:10 |  |
| M 6                      | 08:23  | 17:35 | 21:22 | 10:37 |  |
| M 7                      | 08:23  | 17:36 | 22:32 | 11:00 |  |
| J 8                      | 08:23  | 17:37 | 23:40 | 11:20 |  |
| V 9                      | 08:22  | 17:38 |       | 11:38 |  |
| S 10                     | 08:22  | 17:39 | 00:44 | 11:57 |  |
| D 11                     | 08:22  | 17:40 | 01:49 | 12:16 |  |
| L 12                     | 08:21  | 17:41 | 02:53 | 12:39 |  |
| M 13                     | 08:21  | 17:43 | 03:58 | 13:07 |  |
| M 14                     | 08:21  | 17:44 | 05:02 | 13:41 |  |
| J 15                     | 08:20  | 17:45 | 06:04 | 14:22 |  |
| V 16                     | 08:20  | 17:46 | 07:00 | 15:14 |  |
| S 17                     | 08:19  | 17:47 | 07:48 | 16:13 |  |
| D 18                     | 08:19  | 17:48 | 08:28 | 17:20 |  |
| L 19                     | 08:18  | 17:50 | 09:00 | 18:29 |  |
| M 20                     | 08:17  | 17:51 | 09:27 | 19:39 |  |
| M 21                     | 08:17  | 17:52 | 09:50 | 20:49 |  |
| J 22                     | 08:16  | 17:54 | 10:10 | 21:59 |  |
| V 23                     | 08:15  | 17:55 | 10:30 | 23:09 |  |
| S 24                     | 08:14  | 17:56 | 10:50 |       |  |
| D 25                     | 08:13  | 17:57 | 11:13 | 00:22 |  |
| L 26                     | 08:13  | 17:59 | 11:39 | 01:38 |  |
| M 27                     | 08:12  | 18:00 | 12:12 | 02:55 |  |
| M 28                     | 08:11  | 18:01 | 12:55 | 04:14 |  |
| J 29                     | 08:10  | 18:03 | 13:51 | 05:29 |  |
| V 30                     | 08:09  | 18:04 | 15:00 | 06:34 |  |
| S 31                     | 08:08  | 18:05 | 16:18 | 07:26 |  |
| ○ PLEINE LUNE le 03      |        |       |       |       |  |
| ● DERNIER QUARTIER le 10 |        |       |       |       |  |
| ● NOUVELLE LUNE le 18    |        |       |       |       |  |
| ● PREMIER QUARTIER le 26 |        |       |       |       |  |

| FÉVRIER                  |        |       |       |       |  |
|--------------------------|--------|-------|-------|-------|--|
| Dates                    | Soleil |       | Lune  |       |  |
|                          | L      | C     | L     | C     |  |
| D 1                      | 08:07  | 18:07 | 17:38 | 08:05 |  |
| L 2                      | 08:06  | 18:08 | 18:56 | 08:36 |  |
| M 3                      | 08:04  | 18:09 | 20:09 | 09:00 |  |
| M 4                      | 08:03  | 18:11 | 21:20 | 09:22 |  |
| J 5                      | 08:02  | 18:12 | 22:27 | 09:41 |  |
| V 6                      | 08:01  | 18:13 | 23:34 | 09:59 |  |
| S 7                      | 08:00  | 18:15 |       | 10:19 |  |
| D 8                      | 07:58  | 18:16 | 00:39 | 10:41 |  |
| L 9                      | 07:57  | 18:17 | 01:45 | 11:06 |  |
| M 10                     | 07:56  | 18:19 | 02:50 | 11:38 |  |
| M 11                     | 07:55  | 18:20 | 03:53 | 12:16 |  |
| J 12                     | 07:53  | 18:21 | 04:51 | 13:03 |  |
| V 13                     | 07:52  | 18:23 | 05:42 | 14:00 |  |
| S 14                     | 07:51  | 18:24 | 06:25 | 15:04 |  |
| D 15                     | 07:49  | 18:25 | 07:00 | 16:12 |  |
| L 16                     | 07:48  | 18:27 | 07:30 | 17:24 |  |
| M 17                     | 07:46  | 18:28 | 07:54 | 18:35 |  |
| M 18                     | 07:45  | 18:29 | 08:15 | 19:47 |  |
| J 19                     | 07:43  | 18:31 | 08:35 | 20:58 |  |
| V 20                     | 07:42  | 18:32 | 08:56 | 22:12 |  |
| S 21                     | 07:40  | 18:33 | 09:18 | 23:28 |  |
| D 22                     | 07:39  | 18:34 | 09:43 |       |  |
| L 23                     | 07:37  | 18:36 | 10:13 | 00:45 |  |
| M 24                     | 07:36  | 18:37 | 10:53 | 02:04 |  |
| M 25                     | 07:34  | 18:38 | 11:43 | 03:19 |  |
| J 26                     | 07:32  | 18:40 | 12:46 | 04:25 |  |
| V 27                     | 07:31  | 18:41 | 13:59 | 05:20 |  |
| S 28                     | 07:29  | 18:42 | 15:16 | 06:03 |  |
| ○ PLEINE LUNE le 01      |        |       |       |       |  |
| ● DERNIER QUARTIER le 09 |        |       |       |       |  |
| ● NOUVELLE LUNE le 17    |        |       |       |       |  |
| ● PREMIER QUARTIER le 24 |        |       |       |       |  |

| MARS                     |        |       |       |       |  |
|--------------------------|--------|-------|-------|-------|--|
| Dates                    | Soleil |       | Lune  |       |  |
|                          | L      | C     | L     | C     |  |
| D 1                      | 07:28  | 18:43 | 16:33 | 06:35 |  |
| L 2                      | 07:26  | 18:45 | 17:48 | 07:02 |  |
| M 3                      | 07:24  | 18:46 | 18:59 | 07:24 |  |
| M 4                      | 07:23  | 18:47 | 20:08 | 07:44 |  |
| J 5                      | 07:21  | 18:48 | 21:16 | 08:03 |  |
| V 6                      | 07:19  | 18:50 | 22:22 | 08:22 |  |
| S 7                      | 07:17  | 18:51 | 23:29 | 08:43 |  |
| D 8                      | 07:16  | 18:52 |       | 09:07 |  |
| L 9                      | 07:14  | 18:53 | 00:35 | 09:36 |  |
| M 10                     | 07:12  | 18:54 | 01:39 | 10:11 |  |
| M 11                     | 07:11  | 18:56 | 02:39 | 10:54 |  |
| J 12                     | 07:09  | 18:57 | 03:34 | 11:47 |  |
| V 13                     | 07:07  | 18:58 | 04:19 | 12:47 |  |
| S 14                     | 07:05  | 18:59 | 04:58 | 13:54 |  |
| D 15                     | 07:04  | 19:00 | 05:29 | 15:03 |  |
| L 16                     | 07:02  | 19:02 | 05:55 | 16:14 |  |
| M 17                     | 07:00  | 19:03 | 06:18 | 17:26 |  |
| M 18                     | 06:58  | 19:04 | 06:39 | 18:39 |  |
| J 19                     | 06:56  | 19:05 | 07:00 | 19:54 |  |
| V 20                     | 06:55  | 19:06 | 07:21 | 21:10 |  |
| S 21                     | 06:53  | 19:08 | 07:46 | 22:30 |  |
| D 22                     | 06:51  | 19:09 | 08:15 | 23:51 |  |
| L 23                     | 06:49  | 19:10 | 08:52 |       |  |
| M 24                     | 06:48  | 19:11 | 09:40 | 01:09 |  |
| M 25                     | 06:46  | 19:12 | 10:39 | 02:19 |  |
| J 26                     | 06:44  | 19:13 | 11:49 | 03:18 |  |
| V 27                     | 06:42  | 19:15 | 13:04 | 04:03 |  |
| S 28                     | 06:40  | 19:16 | 14:20 | 04:38 |  |
| D 29                     | 07:39  | 20:17 | 16:34 | 06:06 |  |
| L 30                     | 07:37  | 20:18 | 17:45 | 06:28 |  |
| M 31                     | 07:35  | 20:19 | 18:53 | 06:48 |  |
| ○ PLEINE LUNE le 03      |        |       |       |       |  |
| ● DERNIER QUARTIER le 11 |        |       |       |       |  |
| ● NOUVELLE LUNE le 19    |        |       |       |       |  |
| ● PREMIER QUARTIER le 25 |        |       |       |       |  |

| AVRIL                    |        |       |       |       |  |
|--------------------------|--------|-------|-------|-------|--|
| Dates                    | Soleil |       | Lune  |       |  |
|                          | L      | C     | L     | C     |  |
| M 1                      | 07:33  | 20:21 | 20:00 | 07:07 |  |
| J 2                      | 07:32  | 20:22 | 21:07 | 07:26 |  |
| V 3                      | 07:30  | 20:23 | 22:13 | 07:46 |  |
| S 4                      | 07:28  | 20:24 | 23:20 | 08:09 |  |
| D 5                      | 07:26  | 20:25 |       | 08:36 |  |
| L 6                      | 07:25  | 20:26 | 00:25 | 09:09 |  |
| M 7                      | 07:23  | 20:28 | 01:28 | 09:49 |  |
| M 8                      | 07:21  | 20:29 | 02:24 | 10:37 |  |
| J 9                      | 07:19  | 20:30 | 03:13 | 11:35 |  |
| V 10                     | 07:18  | 20:31 | 03:54 | 12:37 |  |
| S 11                     | 07:16  | 20:32 | 04:27 | 13:45 |  |
| D 12                     | 07:14  | 20:33 | 04:55 | 14:53 |  |
| L 13                     | 07:13  | 20:35 | 05:19 | 16:04 |  |
| M 14                     | 07:11  | 20:36 | 05:41 | 17:15 |  |
| M 15                     | 07:09  | 20:37 | 06:01 | 18:28 |  |
| J 16                     | 07:08  | 20:38 | 06:22 | 19:45 |  |
| V 17                     | 07:06  | 20:39 | 06:46 | 21:05 |  |
| S 18                     | 07:05  | 20:40 | 07:14 | 22:27 |  |
| D 19                     | 07:03  | 20:42 | 07:48 | 23:50 |  |
| L 20                     | 07:01  | 20:43 | 08:33 |       |  |
| M 21                     | 07:00  | 20:44 | 09:30 | 01:06 |  |
| M 22                     | 06:58  | 20:45 | 10:39 | 02:11 |  |
| J 23                     | 06:57  | 20:46 | 11:54 | 03:01 |  |
| V 24                     | 06:55  | 20:47 | 13:11 | 03:40 |  |
| S 25                     | 06:54  | 20:49 | 14:25 | 04:09 |  |
| D 26                     | 06:52  | 20:50 | 15:36 | 04:33 |  |
| L 27                     | 06:51  | 20:51 | 16:44 | 04:54 |  |
| M 28                     | 06:49  | 20:52 | 17:50 | 05:13 |  |
| M 29                     | 06:48  | 20:53 | 18:56 | 05:32 |  |
| J 30                     | 06:46  | 20:54 | 20:01 | 05:51 |  |
| ○ PLEINE LUNE le 02      |        |       |       |       |  |
| ● DERNIER QUARTIER le 10 |        |       |       |       |  |
| ● NOUVELLE LUNE le 17    |        |       |       |       |  |
| ● PREMIER QUARTIER le 24 |        |       |       |       |  |

| MAI                      |        |       |       |       |  |
|--------------------------|--------|-------|-------|-------|--|
| Dates                    | Soleil |       | Lune  |       |  |
|                          | L      | C     | L     | C     |  |
| V 1                      | 06:45  | 20:55 | 21:08 | 06:13 |  |
| S 2                      | 06:44  | 20:57 | 22:13 | 06:38 |  |
| D 3                      | 06:42  | 20:58 | 23:17 | 07:09 |  |
| L 4                      | 06:41  | 20:59 |       | 07:47 |  |
| M 5                      | 06:40  | 21:00 | 00:16 | 08:32 |  |
| M 6                      | 06:38  | 21:01 | 01:08 | 09:26 |  |
| J 7                      | 06:37  | 21:02 | 01:51 | 10:26 |  |
| V 8                      | 06:36  | 21:03 | 02:26 | 11:31 |  |
| S 9                      | 06:35  | 21:05 | 02:55 | 12:38 |  |
| D 10                     | 06:33  | 21:06 | 03:20 | 13:46 |  |
| L 11                     | 06:32  | 21:07 | 03:42 | 14:55 |  |
| M 12                     | 06:31  | 21:08 | 04:02 | 16:05 |  |
| M 13                     | 06:30  | 21:09 | 04:23 | 17:18 |  |
| J 14                     | 06:29  | 21:10 | 04:45 | 18:35 |  |
| V 15                     | 06:28  | 21:11 | 05:10 | 19:57 |  |
| S 16                     | 06:27  | 21:12 | 05:42 | 21:21 |  |
| D 17                     | 06:26  | 21:13 | 06:22 | 22:42 |  |
| L 18                     | 06:25  | 21:14 | 07:15 | 23:55 |  |
| M 19                     | 06:24  | 21:15 | 08:20 |       |  |
| M 20                     | 06:23  | 21:16 | 09:37 | 00:53 |  |
| J 21                     | 06:22  | 21:17 | 10:56 | 01:38 |  |
| V 22                     | 06:21  | 21:18 | 12:13 | 02:11 |  |
| S 23                     | 06:20  | 21:19 | 13:27 | 02:37 |  |
| D 24                     | 06:20  | 21:20 | 14:36 | 02:59 |  |
| L 25                     | 06:19  | 21:21 | 15:43 | 03:19 |  |
| M 26                     | 06:18  | 21:22 | 16:48 | 03:38 |  |
| M 27                     | 06:17  | 21:23 | 17:54 | 03:57 |  |
| J 28                     | 06:17  | 21:24 | 18:59 | 04:18 |  |
| V 29                     | 06:16  | 21:25 | 20:04 | 04:42 |  |
| S 30                     | 06:16  | 21:26 | 21:09 | 05:11 |  |
| D 31                     | 06:15  | 21:27 | 22:09 | 05:46 |  |
| ○ PLEINE LUNE le 01      |        |       |       |       |  |
| ● DERNIER QUARTIER le 09 |        |       |       |       |  |
| ● NOUVELLE LUNE le 16    |        |       |       |       |  |
| ● PREMIER QUARTIER le 23 |        |       |       |       |  |
| ○ PLEINE LUNE le 31      |        |       |       |       |  |

| JUIN                     |        |       |       |       |  |
|--------------------------|--------|-------|-------|-------|--|
| Dates                    | Soleil |       | Lune  |       |  |
|                          | L      | C     | L     | C     |  |
| L 1                      | 06:15  | 21:27 | 23:03 | 06:29 |  |
| M 2                      | 06:14  | 21:28 | 23:49 | 07:21 |  |
| M 3                      | 06:14  | 21:29 |       | 08:19 |  |
| J 4                      | 06:13  | 21:30 | 00:26 | 09:23 |  |
| V 5                      | 06:13  | 21:30 | 00:57 | 10:28 |  |
| S 6                      | 06:13  | 21:31 | 01:23 | 11:35 |  |
| D 7                      | 06:12  | 21:32 | 01:45 | 12:41 |  |
| L 8                      | 06:12  | 21:32 | 02:05 | 13:49 |  |
| M 9                      | 06:12  | 21:33 | 02:25 | 14:58 |  |
| M 10                     | 06:12  | 21:34 | 02:45 | 16:11 |  |
| J 11                     | 06:11  | 21:34 | 03:09 | 17:29 |  |
| V 12                     | 06:11  | 21:35 | 03:36 | 18:50 |  |
| S 13                     | 06:11  | 21:35 | 04:11 | 20:12 |  |
| D 14                     | 06:11  | 21:36 | 04:57 | 21:31 |  |
| L 15                     | 06:11  | 21:36 | 05:57 | 22:37 |  |
| M 16                     | 06:11  | 21:36 | 07:11 | 23:29 |  |
| M 17                     | 06:11  | 21:37 | 08:31 |       |  |
| J 18                     | 06:11  | 21:37 | 09:53 | 00:08 |  |
| V 19                     | 06:12  | 21:37 | 11:11 | 00:38 |  |
| S 20                     | 06:12  | 21:38 | 12:24 | 01:02 |  |
| D 21                     | 06:12  | 21:38 | 13:34 | 01:24 |  |
| L 22                     | 06:12  | 21:38 | 14:40 | 01:43 |  |
| M 23                     | 06:12  | 21:38 | 15:46 | 02:02 |  |
| M 24                     | 06:13  | 21:38 | 16:51 | 02:22 |  |
| J 25                     | 06:13  | 21:38 | 17:57 | 02:45 |  |
| V 26                     | 06:13  | 21:39 | 19:01 | 03:13 |  |
| S 27                     | 06:14  | 21:39 | 20:03 | 03:46 |  |
| D 28                     | 06:14  | 21:39 | 20:59 | 04:26 |  |
| L 29                     | 06:15  | 21:38 | 21:47 | 05:16 |  |
| M 30                     | 06:15  | 21:38 | 22:27 | 06:12 |  |
| ☉ DERNIER QUARTIER le 08 |        |       |       |       |  |
| ● NOUVELLE LUNE le 15    |        |       |       |       |  |
| ☾ PREMIER QUARTIER le 21 |        |       |       |       |  |
| ○ PLEINE LUNE le 30      |        |       |       |       |  |